



Planet Rhythmic Gymnastics Association (PRGA or Planet Rhythmics) COVID-19 Safety Plan

Please note: this document is subject to change following provincial and federal health and safety requirements.

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This Club COVID-19 Safety Plan has been approved by the PRGA Board of Directors on Friday, December 4th, 2020 and complies with all of the new restrictions

Principles

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none">• Frequent hand-washing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travelers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high-touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and others• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

Steps to Return to the Gym

Step 1: Starting Activities *(to begin when clubs are prepared to safely open)*

Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing of 3 meters
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 1 are described in Appendix
- ✓ A program summary for Step 1 is included in Appendix 1.
- ✓ **Under the last update from Ministry of Health and letter from VIASport on December 3rd, 2020:**

Indoor and outdoor sport for people under 19 years of age can continue but:

- *Participants must maintain a physical distance of three meters from one another*
- *Activities should be low risk of transmitting the virus (e.g. individual activities, group training that maintains physical distance)*
- *Games, tournaments, and competitions for teams are not allowed*

Step 2: Expanding Activities *(to begin when clubs are able to safely progress beyond Step 1)*

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size rations and increased training times for competitive groups will be scheduled.
- ✓ A program summary for Step 2 is included in Appendix 1.

Step 3: The 'New Normal'

To be determined at a later date, according to the [Government of BC regulations](#).

PRGA Safety Plan Requirements

Facility Access

To access PRGA at Mill Lake Church Gymnasium -33218 Marshall Rd, Abbotsford and Skipping Sensations Studio #4-34334 Forrest Terr, Abbotsford, please complete the following:

- Drop off is available at the FRONT entrance on the left side of the building
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others
- All participants will exit the building from a hallway and must not congregate in groups when they get picked up. To facilitate this, we have placed Arrows and Marking outside the exit doors
- Parents/guardians will be instructed to drop off and pick up their children ***on time*** without coming into the gym.
- Parents/guardians will be instructed to tell their children to follow instructions of all PRGA staff when entering and exiting the facility.
- Prior to entering the facility, ***all individuals*** must fill out the Daily Screening Checklist by the Barcode (provided outside of the Gym). Daily checklists will be kept on file for each day.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for class. We have closed our locker rooms until further notice.
- Members will be asked to register and pay for all programming online through our website, which can be found here: www.planetr.ca If the website is not accessible for members, they can call Alla Krivchun at 604-317-1687 or email alla@planetr.ca
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms (Declaration of Participation and Gymnastics BC Release of Liability)

Facility Operations

- Mill Lake Church Gymnasium maximum occupancy limit is 24 people
- Skipping Sensations Studio maximum occupancy limit is 12 people

[Signs indicating these occupancy limits](#) are posted clearly in each space.

- We have marked pathways inside the gym using dots and arrows
- Shared items (e.g., Speaker) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym have closed areas of the gym until further notice.
- Participants will be required to have their own rhythmic gymnastics apparatus (ball, rope, hoop and ribbon) If any of these items to be shared with others – coach must sanitize them after each use

Cleaning

PRGA Cleaning and Sanitation Protocols:

- Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We have implemented a cleaning log that is kept at the office of Planet Studio and followed at each location
- Gymnastics equipment will be disinfected between each user. If not possible, equipment will be disinfected after each class and/or rotation during until further notice.
- Communal gym tools like Speakers will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, apparatus ,etc.)

Communicate

PRGA will inform members of the new protocols (See Appendix 3) before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
 - Illness Policy (Appendix 2)
 - Personal hygiene requirements
 - Physical distancing requirements outside and inside the facility
 - Cleaning protocols
 - Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email or telephone 604-317-1687 Alla Krivchun
 - PRGA will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC on our website, facility entrance, and in prominent places throughout the gym.
 - We have appointed Alla Krivchun 604-317-1687 as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Staff Training

- Formal and ongoing staff training at PRGA will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if have questions or concerns as they return to their roles.

Screening

- **PRGA requires that prior to entering the facility, all individuals must complete the Daily Screening Checklist by the Barcode provided by the entrance. Link had been sent to all of the families:**
https://docs.google.com/forms/u/0/d/e/1FAIpQLSfMINbJgokoNw00NSHw1Sc3ahJNjOHi-5qv1LXh_ZnXNdE9ow/formResponse
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.

Personal Hygiene

- PRGA will provide Shoe-sanitized and hand sanitizing stations at the Entrance and inside the Planet Studio and other gyms
- PRGA has determined that sanitizing strategy will be implemented to ensure the athlete's hands are sanitized before they enter the gym.
- Hand-washing or sanitizing will be required at a minimum entering the facility; after using the washroom; and upon exiting the facility
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. full water bottle, hand sanitizer, yoga mat, all of the rhythmic gymnastics apparatus etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.

Physical Distancing

- **Everyone who enters any gym, where PRGA members are training must maintain, at minimum, physical distancing of 3 meters, at all times.**
- **Coaching for all programs must be performed hands-free (no spotting).** Spotting will only be done if a participant's safety is at risk.

Scheduling of Activities

- PRGA will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training (without another coach, parent or gymnast present) will take place.
- **In order to meet provincial health officer requirements, group sizes and scheduling are being adjusted.**
- Drop-in classes and Gymnastics Birthday Parties are cancelled until further notice.
- Detailed attendance and membership tracking will be taken and kept on file.
- **Intensity of all of training will be reduced to make sure participants do not increase the respiratory rate level**
- **Use of masks: It is Mandatory for all coaches to wear a mask during their training. For the gymnasts it is an optional, but not recommended to wear a mask during their training**
- **At this time, No Cohorts and No Spotting will be implemented**
- **Distance of 3 meters must be implemented and checked all of the time**

Injury Protocol

Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.
- PRGA will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- PRGA will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- PRGA Illness Policy is provided in Appendix 2.

Outbreak Response

PRGA is committed to the following process in the event of a COVID-19 Outbreak:

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. If a case or outbreak is reported, Alla Krivchun 604-317-1687 will be the main point of contact for all parties. Alla Krivchun has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Alla Krivchun 604-317-1687 will implement enhanced cleaning measures to reduce risk of transmission.
3. PRGA will implement the illness policy (see Appendix 2) and advise individuals to:
 - a. self-isolate
 - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - c. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.

- i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. Individuals can learn more about how to manage their illness [here](#).
4. In the event of a suspected case or outbreak of influenza-like-illness, Alla Krivchun will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If PRGA is contacted by a medical health officer in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

This document is based on Gymnastics BC's Return to Sport Plan, which is available [here](#). Further, our club is staying current with all requirements provided Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

Appendix 1/2: Programming Summary

Step 1/2 Programming Summary

PRGA

Step 1/2: Program Summary Training From December 7th, 2020

Number of training groups each week:

Mill Lake Church Gym – 3 groups per day; Skipping Sensations Studio – 2 groups per day

Maximum Occupancy for facility (publicly posted in the lobby):

Mill lake Church Gym – 24 people; Skipping Sensations Studio – 12 people

Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
Mimi Pan	Training at Mill Lake Church Gym: Performance group	Mon/Fri 3:30-5:00	6-8
Tanya Van Papeveld	Recreational Program	Mon/Fri 3:30-7:00	6-8
Olga Melnikova	Preschool Rhythmic	Mon/Fri 3:30-5:30	6-8

Mimi Pan	Training at Skipping Sensations Studio: Competitive Group	Tue/Thu 5:00-7:30	6-8
Olga Melnikova/Tanya Van Papeved	Preschool/Recreational Program	Tue/Thu 3:30-5:00	6-8

Appendix 2: PRGA Illness Policy

In this policy, "Team member" includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.